

Genetic and Congenital Disorders (AK 35-USDA 349)

Explain to Participant	You're enrolled in the WIC program today because you are diagnosed with a hereditary or congenital condition at birth such as cleft lip or palate (that has not been corrected), Down's Syndrome, thalassemia major, sickle cell anemia, muscular dystrophy or others. Any of these conditions may affect your ability to eat, may affect how your body uses food, or both. Special attention to nutrition may be needed for good growth, development and health maintenance.	
Goal	The goal is to promote making good food choices of high nutritional quality.	
Suggestions for Reducing Risk	<p>Follow the recommendations of your health care provider.</p> <p>See your doctor regularly.</p> <p>Refer to a Registered Dietitian (RD).</p> <p>Explain the nutrition education material suggested.</p> <p>Eat a variety of foods from all the food groups every day.</p> <p>Drink 8 glasses of water every day.</p>	
Nutrition Education Material Suggested	Using the Dietary Guidelines For Americans...for good health	
Explain Applicable WIC Foods	WIC Foods	Nutrients Provided
	Milk	Calcium, Vitamin A, Protein
	Cheese	Calcium, Vitamin A, Protein
	Eggs	Protein
	Beans or Peanut Butter	Protein, Iron
	WIC Juice	Vitamin C
	Cereal	Iron
	Carrots	Vitamin A
	Tuna Fish	Protein
	Salmon	Calcium, Vitamin A, Protein
	Iron Fortified Infant Formula	Protein, Calcium, Vitamins A & C, Iron
	Iron Fortified Cereal	Iron
Explain What the WIC Nutrients Can Do for You!	Calcium	Keeps bones healthy. Helps muscles work. Helps blood clot. Helps control blood pressure.
	Iron	Carries oxygen in your blood to your muscles. Prevents anemia. Prevents infection.
	Vitamin C	Helps your body heal. Helps fight infections. Helps your body use the iron in the foods you eat.
	Protein	Makes up part of every cell in your body. Builds and maintains muscles and other tissues.
	Vitamin A	Helps keep your skin healthy and smooth. Helps you see at night.
Materials with More Information		